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Caring for Your Hand Burn

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Caring for Your Hand Burn

Description

This patient education handout shares information on caring for a hand burn.

Keywords

occupational therapy, hand exercises, burn

Disciplines

Occupational Therapy | Rehabilitation and Therapy

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Caring for Your Hand Burn

Take-home exercises and tips for a quick recovery

It is important to move your hand.

- Muscles get weak if they are not used.
- Skin gets tight after a burn. Moving the burned skin area helps keep joints, muscles and tendons from getting tight.
- Moving your hands and fingers can help them stay strong and flexible. This can help you get back to doing the things you need and like to do.

Hand Exercises

Start your hand exercises as soon as your doctor says it is ok.

Try to do these exercises every hour you are awake.

Goal: Do all 6 exercises ____ times each day.

Do each exercise ____ times

Hold each action for ____ seconds.

Do the same amount on each hand.

Other tips for burn care:

- To help stop swelling: elevate (raise) your hand when you relax or sleep. You can rest your hand on a pile of pillows.
- Use adaptive tools or make changes to the way you do things as needed while you heal.
- Move your hands as much as you can. Movement helps prevent scarring.
- Stretch. Stop if it hurts.
- Move your hand often during the day. Ways you can do this:
 - carry shopping bags
 - use a spray bottle to water plants
 - play cards
 - play catch
 - cut food
 - brush your teeth
 - open jars
 - write or paint
 - do yoga

References:

MSKTC. (2015). Exercise after burn injury. Retrieved from <http://www.msktc.org/burn/factsheets/Exercise-After-Burn-Injury>

North Bristol NHS Trust. (2016). Hand exercises following burn injuries. Retrieved from

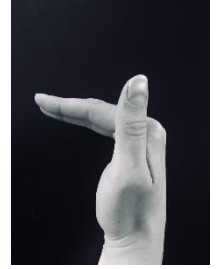
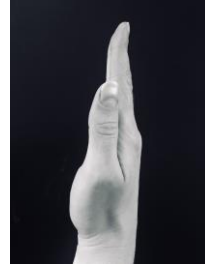
https://www.nbt.nhs.uk/sites/default/files/attachments/Hand%20exercises%20following%20burn%20injuries_NBT002869.pdf

Six pack active hand exercises. (n.d.). Retrieved from <https://www.nd.gov/omb/sites/omb/files/documents/state-employee/training/Hand-Exercises.pdf>

Doing these 6 exercises helps move every joint in your hand.

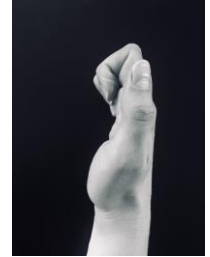
1. Imaginary tabletop

Keep your wrist and fingers straight. Bend only at the knuckles to make a tabletop with your fingers.



2. Knuckle bend

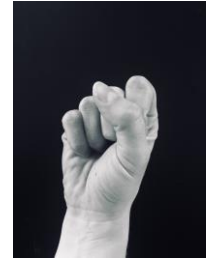
Keep your knuckles and wrist straight. Bend and straighten your fingers.



3. Make a fist

Make sure to bend each joint as much as possible.

- If the back of your hand is burned, do not squeeze your thumb too tightly.



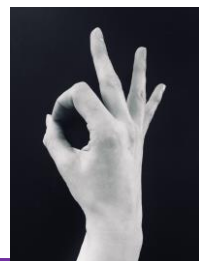
4. Straighten and spread your fingers



5. Make O's

Make an "O" by touching your thumb to each fingertip, one at a time.

Open your hand wide after touching each finger.



6. Table spread

Rest your hand on a tabletop, palm faced down. Spread your fingers wide apart, and then bring them back together again.

